



EXECUTIVE COMMITTEE MEETING AGENDA

MONDAY 3rd JULY 2023

START TIME : 1900 Hours

Apologies for absence :: Annette Dickinson-Flint; Alex Whitehouse.

1. Chairman's Report::
 - a. Neil Jones of Paperwrite has been instructed to update the honours Boards.
 - b. Sports & Trophies have been instructed to engrave all trophies.
2. Honorary Treasurer :: Laura Mather.
 - a. Statement of Accounts.
3. Membership Secretary :: Lorna Rogers.
 - a. Membership Figures.
4. Club Captain :: Lee Picken.
 - a. Ryan Heath's paper re Gym Activities; how to resolve cost. [Paper overleaf]
 - b. Request for funding an additional Camera
 - c. Update on Chris Flint Bronze Event Championships.
5. County Rep :: Don Wallington.
6. 1st Team Captain :: Alex Whitehouse.
7. Junior Section :: Gary Nolan.
 - a. Need and how to recruit more Coaches and Volunteers. Ideas?
8. Internal Leagues :: Cyril Nolan
9. Website :: Kacper Pagorek
10. Future Events to be arranged or confirmed :-
 - a. September 9th & 10th : Chris Flint Open Bronze Junior Championship.& 10th Anniversary of Court 3 extension
 - b. September 16th : 1340 hours : English Vets v Welsh Vets Match.
 - c. September 23rd : Possible County Championships Final & BBQ?
 - d. Safeguarding Seminar for Coaches.
 - e. Defibrillator training session.
12. "Housekeeping" ::
 - a. Reminder necessary to clear up adequately after catering after matches !!
13. Maintenance ::
 - a. Scaffolding or Ladder needs to be erected to fix Sponsor's board above "Rocliff" board.
 - b. Door to Court Two to be inspected, repaired or replaced.
 - c. Attic to be sorted to be able to store tables & chairs
 - d. Court 3 - Patch front wall; clean playing walls. [To be rearranged].
14. ANY OTHER BUSINESS
 - a. none notified to date [25 June 2023]

Date of next meeting.

MONDAY 7th AUGUST 2023

START TIME :: 1900 Hours

RYAN'S PROPOSALS for Greater GYM USE.

The Executive Committee is required to have a view about greater use but more importantly how costs may be recovered bearing in mind that most "activities" are expected to cover their costs like Metafit etc.

- 1. JUNIOR ACADEMY** Thursday Nights 1600 - 1800 hours.
Group squash fitness & conditioning. 30 minutes per group of similar abilities. Ideally, 2 groups of children with pretensions of being at a competitive standard. 20 minutes on rotation for 1-2-1 consultation with me to set plans for a two week home fitness schedule. [with possible link to all exercises on my You Tube channel. The Club could possibly pay for my time at £20 per hour out of the Juniors budget].
- 2. SQUASH TEAMS PRE SEASON TEAM TRAINING.** Wednesdays 1930 - 2030 hours; Thursdays 1830 -1930 [If no table tennis] Each evening £20 per hour.
Work with A&B team one week; C, D & E teams the following week starting as soon as possible. Squash specific conditioning and fitness to prevent injuries and increase fitness in preparation for the start of the next winter season.
Team Captains would be required to persuade players to attend each week until the season starts. Cost may well put players off so is there an alternative way to cover my costs ?
- 3. TABLE TENNIS EVENINGS.** 1800 -2000 hours at £5 per person. Use a table format where everyone plays everyone; best to 21 or 2 clear.
Possibility of two tables depending on space and if gym mats are a risk factor [not moving each week].